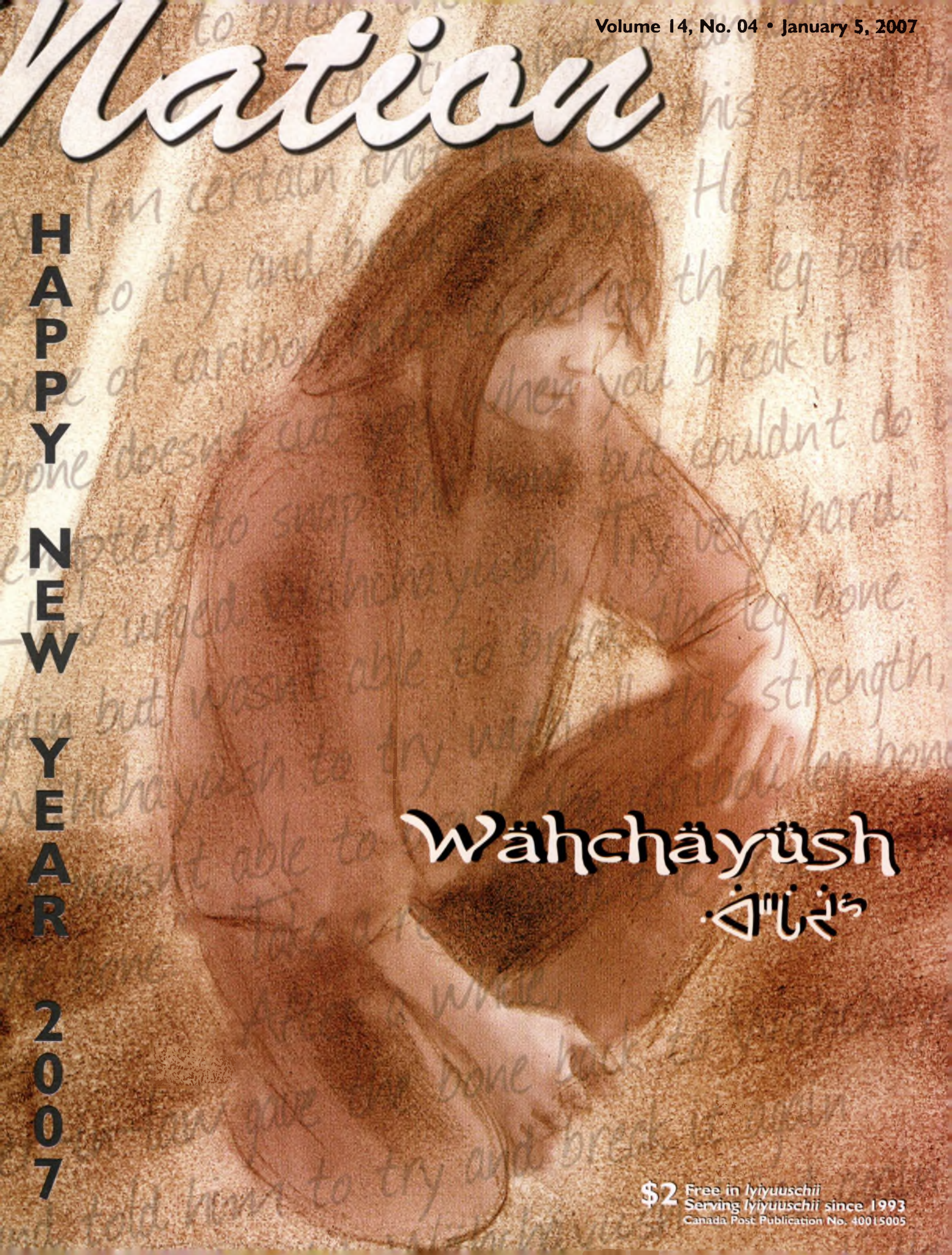
Volume 14, No. 04 • January 5, 2007

Nation

HAPPY NEW YEAR 2007



Wähchäyüsh

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Merry Christmas and Happy New Year!

May your holiday season be filled with the warmth of affection, much laughter, many memories, peaceful tranquility and the year-round fun that helps make our community such a wonderful one. May Christmas inspire each of us to give a little of what we have, to share a little of who we are, to help make this the kind of world that it was meant to be.

We here at the Nation and Beesum Communications wish everyone in Eeyou Istchee a safe and happy holiday season!

Nation

Mirabel lands set to be stolen all over again

by Steve Bonspiel

Stephen Harper's Conservative government missed a chance to right a wrong in the Mirabel Airport fiasco when it announced that the land will be sold back to the Mirabel farmers who were paid for it in the 1969 federal expropriation. That land belongs to the Mohawks.

As the massive Mirabel Airport was being built in the 1970s in time for the Olympic Games, the federal government under Pierre Trudeau expropriated large tracts of farm land for the use of what was thought of as the "airport of the future."

It was hailed as a modern marvel and Montreal was expected to increase air traffic to over 50 million people, or more than 500 per cent over the years. It never happened.

Like the Olympic Stadium, which was only paid off in December, Mirabel Airport is a white elephant.

Prime Minister Harper is trying to look good to non-native Quebecers by giving back land that the big bad Trudeau Liberals had taken away nearly 40 years ago. But once again, he is missing the bigger story.

As when the Tories chiseled the $5.1 billion Kelowna Agreement down to almost nothing shortly after they were elected to a minority government, they have once again laughed in the face of the First Peoples of Canada; specifically the Kanesatake Mohawks.

In 1969, 97,000 acres were expropriated for the facility, of which only 5,200 were inside the airport perimeter. In 1985, 80,000 acres were sold, leaving almost 12,000 acres that Harper now says he'd like to sell back to the farmers.

That land is part of a larger land claim of 260 square miles by the Mohawks. It is land that was usurped by Sulpician order in a grant by France's King Louis XV in 1718. The Kanesatake Mohawks have never given up their claim to that land.

"It's easy for Harper to say he'll give the land back, but it doesn't mean he can actually do it," Kanesatake Grand Chief Steven Bonspille stated.

Bonspille cited the Haida and Taku River case in BC, where the Supreme Court affirmed that all levels of government must consult and negotiate with First Nations bands when dealing with land under a land claim.

Harper is clearly acting in the knowledge that his minority government is losing support in Quebec. One wrong move and he will take his place as official opposition in the House of Commons in the very near future.

It's common knowledge in the Native world that Harper's Conservatives aren't doing much to endear themselves to Indians, gays or other minorities, so why should we be surprised by their latest move?

The point of the matter is that it's Mohawk land. Why do non-native farmers so quickly get their land back a mere 30 years after it was taken, while the Mohawk land claim has dragged on for over 240 years?

"I wasn't shocked, I knew it was coming," Bonspille said about Harper's announcement in mid-December. "But at the same time it's disgusting. It shows to me there are two classes of people in this country, Native and non-native."

The Sulpicians' grant should be declared null and void and the land returned to the Mohawk people, who, like other Aboriginals, desperately need more land during the current population explosion that is vastly outpacing the rest of the country.

"The only time the Sulpicians could claim they owned the land is if the Mohawks abandoned the seigneury. And we never abandoned it," Bonspille said.

Do what's right, Canada. Give us back our land so we can prosper. So our children can have a future in their own community. So we can develop our communities while not being confined to an-ever shrinking land base.

But most importantly, return this land to its rightful owners.

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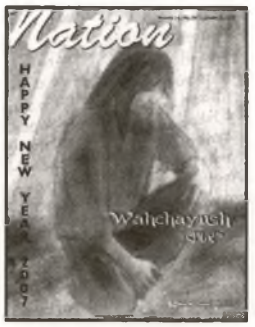

on the cover

Illustration: Brian Webb

Design: Cheryl Tom

The last days...

This year was a tumultuous one, with the waves of progress beating on our shores of contentment and washing up the froths of excitement and or discontent. Whichever way you look at it, the last year is still memorable.

The Great Accounting Book of Eeyou Istchee will record these past 12 months as Year '04 A.I.P., (or '04 P.d'B.). The year when the dollar grew stronger, so how are our investments coming along? The year when an environmental impact statement left an impact on the environment. The year when people resolved to eliminate diabetes and other self-inflicted maladies. The year when the government colours changed from red to blue. The year when we went to war, instead of keeping the peace. The year when three per cent of our population turned 18. The year the Cold War reared its ugly head and spies abounded, including the north....

The last year had only 365 days, jam packed with strange documented occurrences, some in our own back yard. Take the case of one employee who passed stringent qualifications to gain lawful employment and who turned out to be some sort of spy? It turned out that he had bragged about being a Russian spy, but we retorted back with our double 0 numbers, joking and laughing.

Seems like the joke was on us when he hit the news after being arrested at Pierre Trudeau Airport in Dorval one fine November day. What next? A Taliban offensive in Eeyou Istchee? The second coming? Dabaw! What a year!

How about the polygamists who have evaded the law hiding out in one barn or another, living under the guise of a spin-off religion (from the Latter Days) and had more than 20 wives and 60 children? Let's look at the economy of that situation: a couple hundred per month each kid for family allowance, tax rebates, Costco sharing, hand-me-downs, grow-your-own-food using the women, use the kids when they grow up, raise one to be a priest, one to be a prophet, one to be the mechanic and one to be the lawyer, to keep daddy out of jail.

There's lots of ways to save when you have your own population to care for. Somehow, that scenario seems so ancient, when a good man was hard to find, since most of them had killed each other over kingdoms and stuff like that, but I can't see that today in these modern times (just my opinion folks, I believe that one women is already enough trouble to handle).

Whatever the last year held in store for us, I'm sure that the answer to some troubling question like diabetes will be solved, since Canada has discovered that the pancreas has something to do with triggering diabetes in unlucky people. And can be cured with a little southern heat in the form of chili peppers. I'm sure that whatever the future turns out to be, it will eventually be a good one for humanity. Happy Holidays!

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Canada

Feds green light Rupert diversion

by Steve Bonspiel

Prime Minister Stephen Harper's Conservative government has given the go-ahead to the controversial $4 billion EM1-A Rupert River Diversion hydroelectric project that would effectively see one of North America's last great virgin rivers reduced to little more than a creek.

The announcement was made December 18, less than three weeks after the federal government was handed recommendations supporting the project by the Federal Review Panel. Earlier, the Cree-Quebec COMEX board had also decreed its support for the project.

"This project is important for First Nations, the province of Quebec and for Canada," said Harper in a statement. "As our economy grows, so too must our supply of clean renewable energy."

Consultations to weigh the social impacts in each community as well as in Montreal revealed deep concerns for the loss of the river and emotional speeches on both sides of the coin.

The project would add less than 900 megawatts to Hydro-Quebec's already massive electricity supply of over 12,000 MW.

At its worst, the diversion would reduce the 600-kilometre river's flow by 71 per cent.

The three Cree communities that will be the most affected by the diversion – Nemaska, Waskaganish and Chisasibi – recently held referendums to affirm their overwhelming opposition to the mega-project.

Chiefs Josie Jimiken, Robert Weistche and Abraham Rupert all strongly oppose the diversion, citing negative social impacts that the La Grande project has had on their peoples.

The loss of vegetation, the contamination of the waters, the animals disappearing from the moose yards and the birds changing their migratory patterns are all seen as detrimental to the Cree way of life.

They claim that when the 2002 Paix des Braves Agreement was signed, that a provision in it that stated any development would first have to get Cree consent and that the EM1-A project was not a part of it.

According to a recent Nation interview with Cree Grand Chief Matthew Mukash, consent was given to the project during the first referendum in late 2001. "Once consent is given to a project, it is assumed that the parties will accept the outcome of the impact assessment whether it favours the project or not," said Mukash.

The chiefs are pushing an alternative energy source, wind power, which they think will fill the void. Hydro-Quebec has said that they would purchase some of the power if and when the wind farms get up and running, but they do not feel that wind power is a viable replacement for hydroelectric power.

The communities have been in negotiations with companies like Ventus Energy to produce their own wind farms. Chisasibi alone has come up with a plan that would produce 1,650 MW of electricity, almost double what the Rupert River diversion would produce and much less harmful to the environment, the people and the flora and fauna.

Construction on the EM1-A Rupert River Diversion is supposed to start this month.

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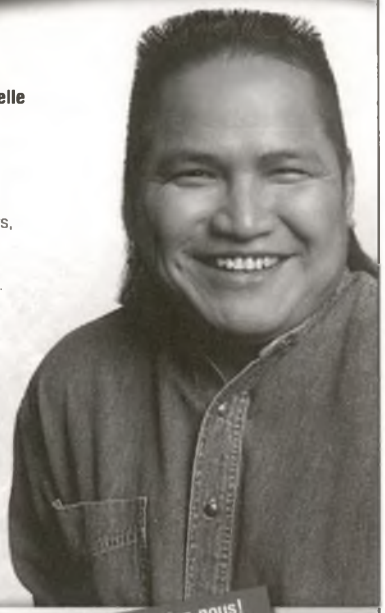

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Moose Cree First Nation

Peace on earth!
May everyone have a wonderful New Year 2007.

From the Moose Cree First Nation

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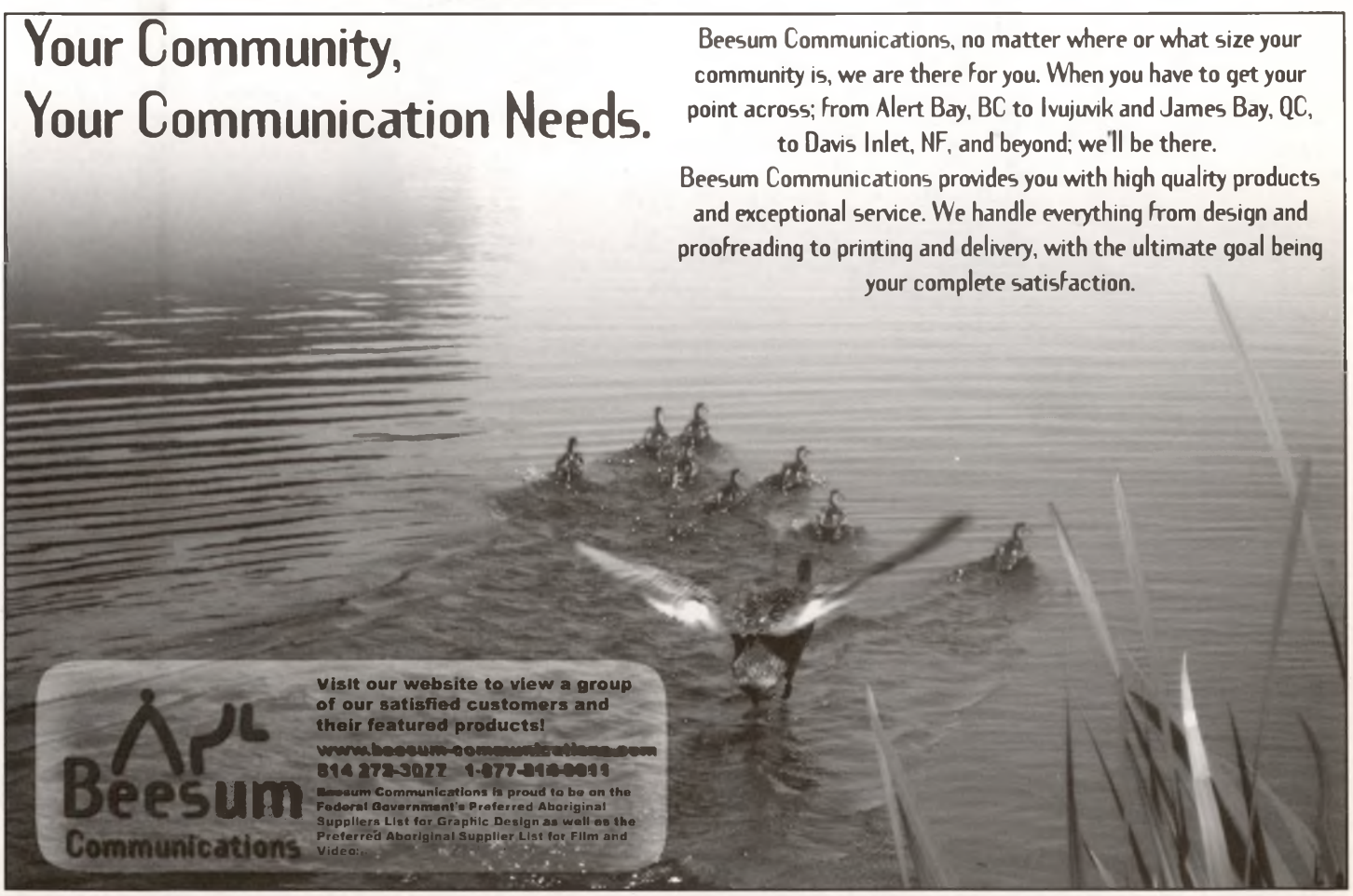

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Hard luck truck jinxes lawyer

Geoffroy loses job with Eeyou Economic Development

by Steve Bonspiel

The Eeyou Economic Development board fired its lawyer Jocelyn Geoffroy during a board meeting December 7. The firing is the latest chapter in a long story of bad luck for a Waswanipi businessman that has people scratching their heads.

A year ago, Waswanipi trucker Gary Cooper was having trouble paying off his debt to Eeyou Economic Development for his 2000 Ford Expedition company truck.

Cooper made attempts to settle the debt and although he wasn't working any more, he made an offer of $400 a month – as opposed to the monthly $2,000 he had been paying.

But then-Eeyou Director Chris Cooper (no relation) wouldn't budge, said Cooper. "I offered to rework my loan and pay towards my debt, but he wouldn't accept it. They'd rather seize my vehicle than take the offer."

After his truck was seized, he met with Chris Cooper, who, Gary says, told him, "Hey Gary, we got your car!"

"They were so proud, they thought they hit the jackpot," said Gary Cooper.

Alain Langevin, the director of Barrette-Chapais, the sawmill Cooper was hauling for, also offered a five-year contract extension to help Cooper's company out.

"I was pretty darn solid; [Eeyou] would have gotten paid directly from Barrette. They were willing to go that far to do this for me. It all came crashing down when Eeyou refused. They said they preferred not to do it this way and that I still had to pay them. I said, 'That's the only way to pay you.'"

All to no avail. His truck ended up being sold at a public auction for $4,500. After all that, Eeyou only made $273 off the sale, with the rest going to the auction house. The vehicle was worth roughly $21,000 at the time. He would not say how much he had left to pay, but had been driving it for four years.

Cooper's life and that of his company, Linda and Gary's Trucking, changed on December 17, 2003, his wife's birthday. He got a call at 5 am informing him that one of his drivers had crashed his hauling truck. The truck was totaled, but the trailer remained intact and according to Cooper was worth $90,000. Still, he couldn't recover the full amount and began to default on his payments.

The truck had traveled 1.5 million kilometres in three years. When it was evaluated, the adjuster said it was in the shape of a seven-year-old truck. Cooper had been hauling wood chips for Barrette-Chapais day and night from Chapais to la Tuque.

Even before the accident, Cooper had been going through a rough period, including a separation from his wife. His oldest son had taken it hard and the problems he was having with him at home were affecting business. Cooper figures he lost almost $300,000 during this period.

Then, when his truck was seized almost a year ago, Cooper became demoralized and didn't know where to turn.

The icing on the proverbial cake came on October 30.

Cooper saw his vehicle rambling around near his house. He ran to grab his camera. It turned out that the man behind the wheel was Jocelyn Geoffroy, the lawyer for Eeyou Economic Development.

"I couldn't believe it!" said Cooper. "Of all people to have my car, it was Eeyou's lawyer! He should be disbarred. I can't believe he did that."

Cooper is looking into launching a complaint with the Canadian Bar Association.

"His truck ended up being sold at a public auction for $4,500. After all that, Eeyou only made $273 off the sale, with the rest going to the auction house. The vehicle was worth roughly $21,000 at the time."

continued on page 9

Lawyer Jocelyn Geoffrey with seized vehicle

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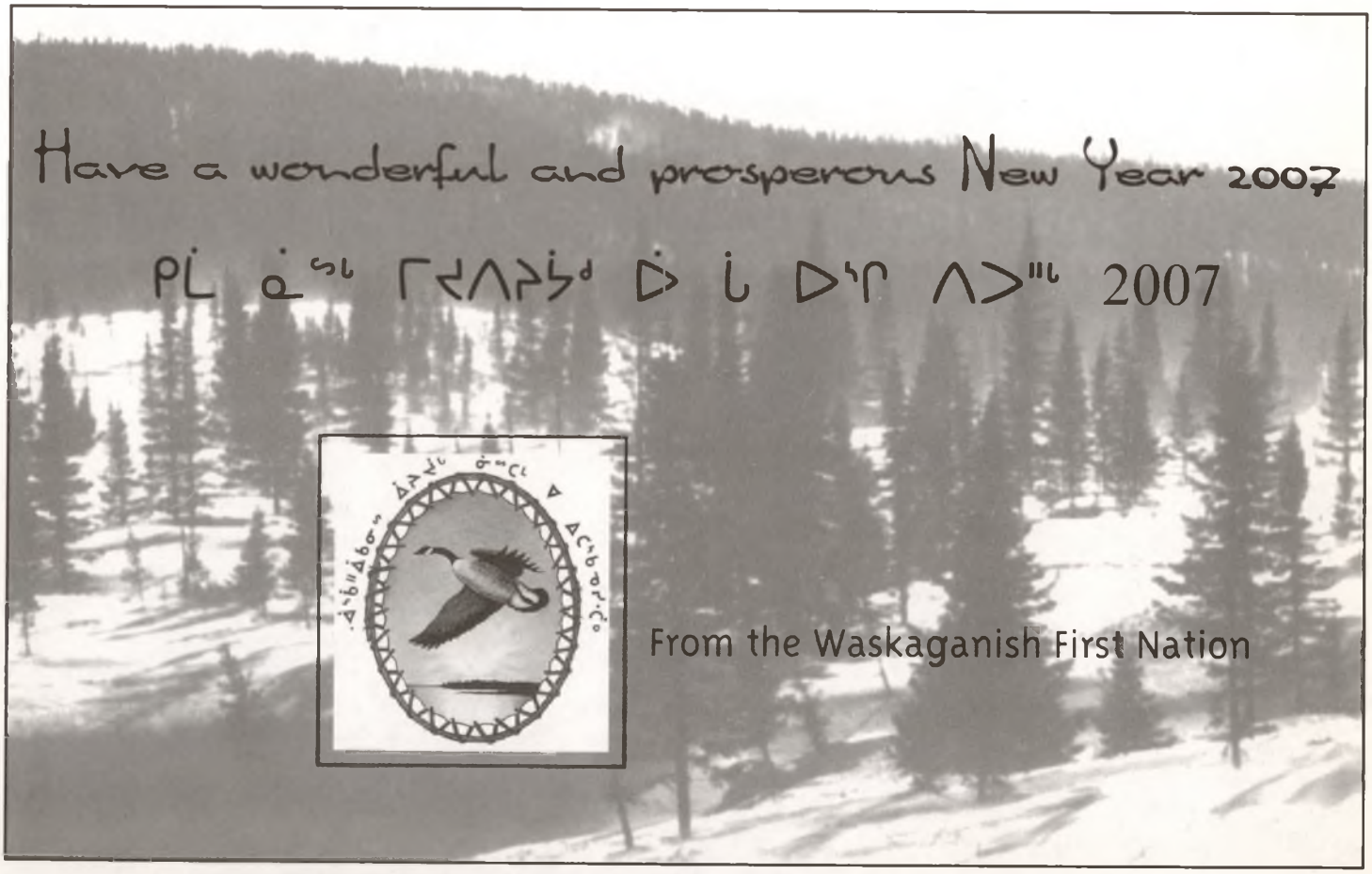
Have a wonderful and prosperous New Year 2007
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From the Waskaganish First Nation

continued from page 7...

When he paid a visit to Eeyou Economic Development's office to explain the situation to Rachelle Bretz, Eeyou's Assistant Director General, she was appalled.

"He used very bad judgment in bringing that vehicle back into the community and parking it at our offices," Bretz told the Nation.

She said that at a December 7 board meeting, Eeyou decided to terminate Geoffroy's contract because of the incident.

"The lawyer has had a lot of chances to contact us and either speak with me or the Director General to defend himself, but he hasn't done that," continued Bretz, who used to work as a law clerk in Ontario. "I find it terribly unethical. It's caused a problem in that it's now made Eeyou look as if we condone this sort of practice and we don't. The board of directors is extremely upset that he has brought this kind of reputation on us. We won't stand for it."

Jocelyn Geoffroy could not be reached for comment.

Although the vehicle is not in Geoffroy's name, Bretz said his decision to drive it into the community was just as bad as if he purchased it at the auction.

"We had asked our legal counsel (Geoffroy) to oversee the auctioning of that vehicle to help pay down the debt that Gary had with us," she said. "We believed things were progressing well and that he was overseeing it in a responsible manner. We had absolutely no indication of who had purchased that vehicle."

Bretz said that Eeyou is willing to work out a payment plan, but Cooper has to come into the office right away even though his truck is long gone.

"What he should do is come to us immediately," said Bretz. "If he needs to work out a 12-month plan until he gets back on his feet, we're more than willing. Right now we're getting nothing back into our investment fund. I'd rather see something come back in. Gary had been paying big payments every month religiously. Then he ran into trouble and everything went by the wayside."

in brief

Ten years on, RCAP gathers dust

Ten years after the Royal Commission on Aboriginal Peoples, the vast majority of the landmark report's recommendations have not been met, says the Assembly of First Nations.

The AFN has flunked Canada on its response to the report: "based on our assessment, Canada has failed in terms of its actions to date." The quality of life, education and basic health needs of Aboriginals are being ignored by Ottawa and the AFN wants the situation rectified as soon as possible.

Ten years ago, the Royal Commission on Aboriginal Peoples released a five-volume report on the health, education and political status of Canada's Aboriginal peoples.

The Commission, created after the 1990 Oka crisis, took five years to investigate relationship between both levels of government and Canada's Aboriginal people and conclude it had to change.

The Commission left a detailed plan to close the economic gap between Aboriginals and non-Aboriginals by 50 percent and to improve social conditions over the next 20 years.

The Liberals attempted to addressed the overall malaise felt by Aboriginal people with the $5.1 billion Kelowna Accord last November.

Three days later, Paul Martin's Liberal government fell and Stephen Harper's Conservatives quashed the deal after winning the federal election in January. Instead, the Tories offered $450 million, a pittance that did not address the needs of the people, according to the AFN.

Too many native kids live in poverty: report

One quarter of all Aboriginal children live in poverty according to a new report that calls on both the provincial and federal governments to ensure the basic needs of children are met so they can strive in other areas of life.

The advocacy group Campaign 2000 released the study, called Oh Canada! Too Many Children in Poverty for Too Long, November 24.

"With an increasing First Nations and aboriginal population that is both rural and urban, young, vital and rapidly expanding, Canada must address the extremes of poverty that First Nations face on a daily basis," says the report. "This poverty is systemic and long-standing, and requires concerted action from all levels."

It also said that Aboriginal children across Canada deal with conditions of squalor and are more likely than their non-native counterparts to contract and succumb to disease.

The report also said that problems like mould, overcrowding in dwellings and disabled youth are at pandemic levels amongst Canada's First Nations.

Wähchäyüsh

feature

Told by Job Kawapit
Illustration by Brian Webb

I will tell the story of the man named Wähchäyüsh. It was said that he was on the verge of turning into a cannibal. The people lived out on the land. Wähchäyüsh lived in the same camp with them. His brother-in-law was living in another camp. He was married to Wähchäyüsh's older sister.

Eventually, Wähchäyüsh stopped eating. His strength became increasingly strong. Others at the camp tested his strength. They gave him a piece of wood. Even if the piece of wood was bigger than his grip, Wähchäyüsh was still able to snap it with his hands.

Wähchäyüsh explained that he was turning into a cannibal. "Soon, my eating habits will change." The others at camp could only observe his behaviour. His brother-in-law was not far from their camp. Wähchäyüsh made a request to see his brother-in-law for one last time before he turned into a true cannibal. The others at the camp began searching for the brother-in-law's camp. They began to fear Wähchäyüsh.

They picked up the trail of the brother-in-law and followed it to his camp. When they found the brother-in-law, they told him that Wähchäyüsh was in bad shape. "He's turning into a cannibal. We came looking for you because he wants to see you one last time before he turns into a real cannibal." The people also mentioned Wähchäyüsh's incredible strength.

The brother-in-law told the people to bring Wähchäyüsh to his camp. The people went back to their camp to bring Wähchäyüsh to his brother-in-law's camp. The man began to prepare to meet his brother-in-law Wähchäyüsh. He prepared the leg bone of a caribou calf. He carved the small leg bone

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ᑲᑭᔾ" ᓂᒋ ᐃᐦ" ᒋᑎᓯᐤ ᐅ ᐊᑦᑎᔨᓴ ᑲ ᐃᔪᓂᐦᑲᑭᓂᐊᑦ. ᑭᔾ" ᓇᔨᐦ ᓯᔾᐱᑦ, ᓇᔨᐦ ᒪᒪᔨᔪᓵᑦ. ᔪᑲᑭᐦᐊᑦ ᒪᐣᐦ ᐅᑦ. ᐊᑎᐃᐊ ᑭᓵᓐ ᒋᒪᓵᑦᔪᑦ ᑭᓵᓐ. ᐊᑦ ᔪᑲᑭᐦᐊᑦ ᒪᐣᐦ ᐅᑦ ᐃᓵᓵᐅᑦ ᑲ ᐃᑭᒪᑭᑎ. ᒪᔨᑦ ᒪᐣᐦ ᐊᓂᑕ" ᒋᔨᑎᔪᓵᐤ, ᐊᑎ ᐊᑲ ᑕᐱᓂᒋᓵᐦᐊᑦ" ᒋ ᐃᑦᐱᐦᑕᑦᔪᓵᑦ. ᒪᔪᑦ", ᓇᑕᐣ", ᒋ ᐃᑕᑦ. ᓂᑦᑕᓂᒋᓵᐦᐊᑦ" ᒪᐣᐦ. ᐊᑎ ᐊᑲ ᑕᐱᓂᒋᓵᐦᐊᑦ, ᐊᑦᐱᐦᑦ ᓇᑕᐣᐦ ᑲ ᐃᑦᐱᐦᑕᑦᔪᓵ

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smooth. He set this aside for Wähchäyüsh. He also set aside a small piece of soft caribou hide. He waited for Wähchäyüsh to be brought to his camp.

The man told his wife to make a pot of caribou stew. "Be sure to make the stew very rich," he said.

The wife began making the stew for Wähchäyüsh.

Wähchäyüsh arrived at camp. The brother-in-law invited Wähchäyüsh to sit beside him. He gave him the caribou calf leg bone. He explained to Wähchäyüsh about the caribou bone. He told him to break the bone. "After you break the bone, you can turn into a cannibal." Wähchäyüsh began to cry. "I'm certain that I'll break this small bone."

He told Wähchäyüsh to try and break the bone. He also gave Wähchäyüsh a piece of caribou hide to wrap the leg bone.

"This is so the bone doesn't cut you when you break it." Wähchäyüsh attempted to snap the bone but couldn't do it. The brother-in-law urged Wähchäyüsh, "Try very hard." He tried again but wasn't able to break the leg bone. He kept urging Wähchäyüsh to try with all this strength, but Wähchäyüsh wasn't able to break the caribou leg bone. "I cannot break the bone."

"Take a rest," said the brother-in-law. After a while, the brother-in-law gave the bone back to Wähchäyüsh and told him to try and break it again with all his might. Wähchäyüsh tried again but couldn't break the bone. "I know I cannot break this bone."

The brother-in-law took the bone and hacked it open. He collected the bone marrow and proceeded to grease Wähchäyüsh's head. After greasing Wähchäyüsh's head, he told him to eat the rest of the bone marrow. Wähchäyüsh ate the caribou bone marrow.

The man told his wife to serve Wähchäyüsh the caribou stew. Wähchäyüsh was served the caribou stew and he began to eat. As he ate, he commented on how good the food was. He didn't turn into a cannibal after all. His brother-in-law had healed him.

ᑕᑦ. ᑎᑯᑯᖅ. ᓇᑐᐊᒪᒻᒪᑦ ᐅᕗᖅ ᐊᑎᓴᖅ. ᐊᓂ ᐅ ᐃ ᐃᓕᓴᕐ, ᐊᓂᔨ ᐊᑦ ᐊᑎᖏᓂᖅ ᐊᓂᔨ ᐅᖃᖅᑎᓂᖅ, ᐊᑦ ᑭᑎᖏᓂᑦᑯᑎ ᖃ ᐃᓂᓇᓂᒻᒥᖅ, ᐊᓪᓚᐃᓂ ᐊᓂᔨ ᒪᓕᓂᖅ. ᑭᓴᑦ ᖃᓄᐊᖅ ᐊᑎᖏᓂᑦ ᑭᖅᑎᓂᖅ, ᐊᓪᓚᐃᓂ ᐊᓂᔨ ᐊᑎᖏᓂᑦᑯᑎ ᖃᓄᐊᖅ ᐅᖃᖅᑎᓂᖅ. ᓴᕐᓯᓂᑭᖏᓂᑦ ᐊᓪᓚᐃᓂ ᐊᓂᔨᓕᕐᓂᖅ ᐅᖃᖅᑎᓂᖅ, ᐊᑦ ᓇᖅᑐ ᐊ ᐊᒪᓂᑭᓂᑯᑎ. ᖃᑭᖅ" ᐊᓪᓚᐃᓂ ᐊ ᐊᑦᑐᐊᓂᖅ ᓇᖅᑐ ᐊᑦ ᐃᓂᓇᓂᑭᓂᑦ. ᑭᖅ" ᐊᑦ ᐱᓕᑭᑦ ᐊ ᑎ ᐅᓂ"ᑕᑭᓂᑯᑎ, ᓇᖅᑐ ᐊ ᑎ ᖃᐱᓂᑭᓂᑯᑎ, ᓇᖅ ᐊ ᑦᓐᖃᓕᖅ, ᐊᓪᓚᐃᓂ ᐊᓂᔨ ᐊᑎᖏᓂᑦᑯᑎ ᐊᓪᓚᐃᓂ ᑎᑦ ᐊ ᐊᑦᑎᓂᑦ. ᐱᓵᓐᐊᓪᒪᑦ ᑎ ᑎᐊᓂᓂᓪᓕ". ᖃᑭᖅ" ᐊ ᐃᑦᑕᑦ ᐅᖅ" ᐃᓕᑦ ᐅ ᓇᑦᑕᑦ, ᐊᓪᓚᐃᓂ ᐊᑎᖏᓂᑦᑯᑎ ᐊᓪᓚᐃᓂ ᐅᓂ"ᑕᑭᓂᑯᑎ, ᓇᖅᑐ ᐊᑦ ᐃᓂᓇᓂᑭᓂᑦ. ᐱᓵᓐᐊᓪᒪᑦ ᑎ ᐊᑎᖏᓂᑦᑯᑎ ᐊᓪᓚᐃᓂ ᐅᖅᑎᓂᖅ. ᐊᓪᓚᐃᓂ

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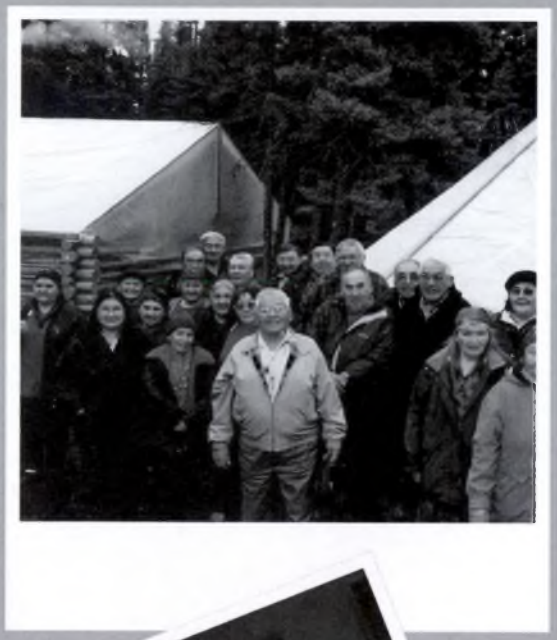

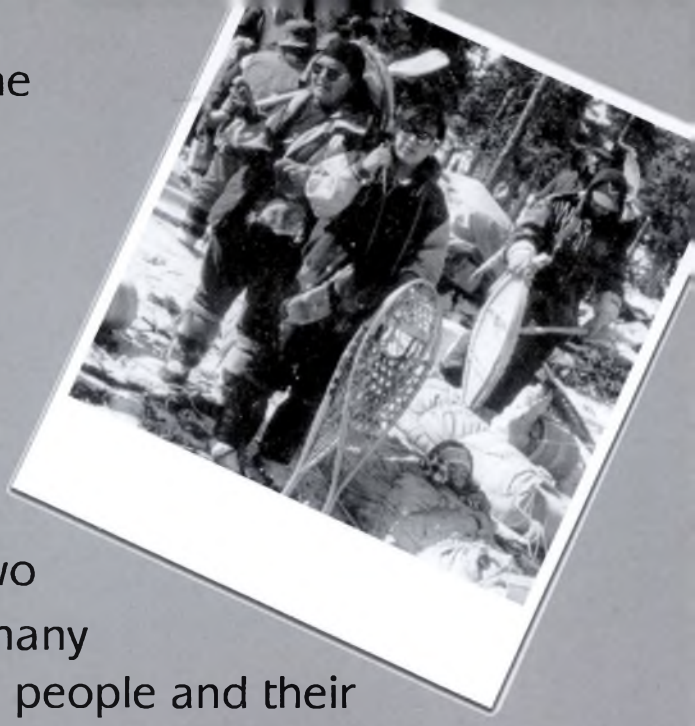

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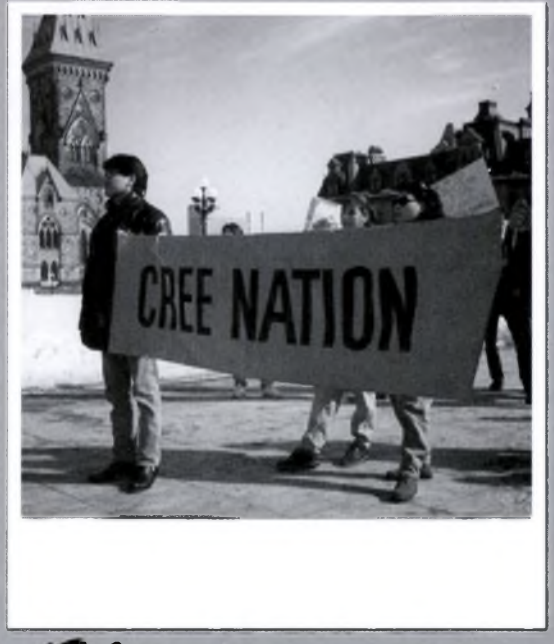

Our strength comes from our readers. We continue to thrive thanks to your continued support and encouragement.

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The Board of Directors and staff at Niskamoon Corporation would like to wish you a Happy New Year!

May the New Year bring happiness, health, and peace for everyone in Eeyou Istchee!

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For more information please contact your local Niskamoon Coordinator or Andrea Kitchen at 877-441-1101 or andreakitchen@sympatico.ca

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ᓂᒥᔨᐦ ᐃᖃᓯᐦ ᑲ ᐃᖃᑭᓂᑎᐦᐃ
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ᓂᓴᒍᐃᐧ ᑲᐱᓰᓂᐧ, ᑭᐢᐦ ᑲ ᐃᒼᐦᐃᑯᐢ ᐃᔨᔨᐦ ᒪᓴᑎᒪᑲᐃᐧ, ᒋᑭ ᐸᐱᔨᐅᐢ ᒋᑎᒼᑕᐃᓂᐊᒼᐦ ᑲ ᑭ
ᐃᒼᐦᐃᑯᒍᐃᐢᐧ ᐊ ᐃ ᓴᑎᒪᐢ ᐊᐱᑎᓂᐃᐧ ᐊᓂᑕᐦ ᐧᐊᐃᑐᑎᐢ ᔑᐯᐢ ᐅᐦᑭ ᐊᐧ ᐊ ᐃᔨ ᐱᒋᐱᔨᑕᑦ
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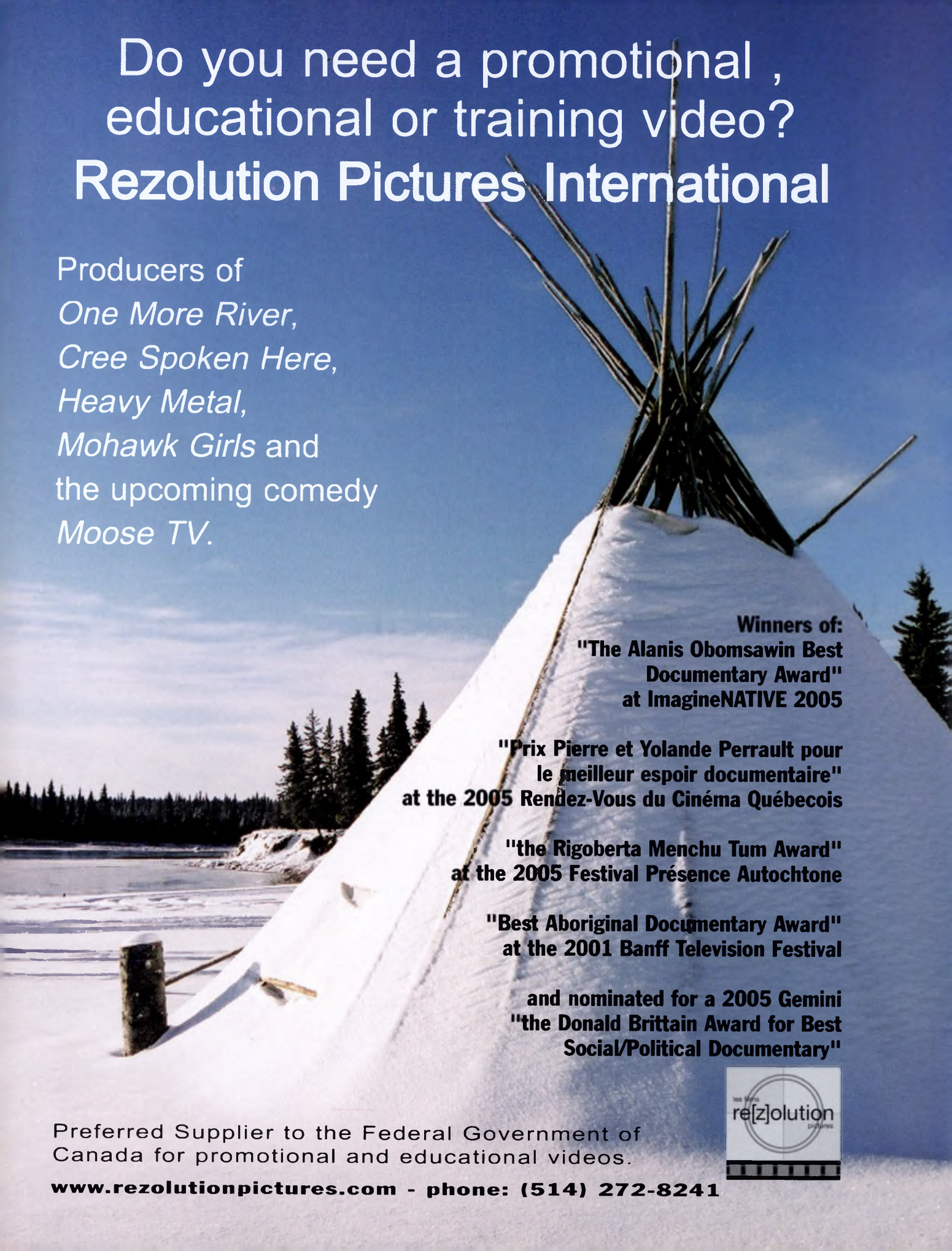
January 8 AM Presentation to School & Public	**January 8** PM Presentation to Public **January 9** AM Presentation to School	**January 10** AM Presentation to School & Public	**January 10** PM Presentation to Public **January 11** AM Presentation to School	**January 11** PM Presentation to School & Public	**January 12** PM Presentation to CSB Students

Mistissini	Ouje-Bougoumou	Amos	Gatineau	Wemindji
January 15 PM Presentation to SchoolEvening Presentation to Public	**January 16** PM Presentation to School and Public	**January 17** Evening Presentation to Public	**January 18** PM Presentation to CSB Students	**January 29-31** Participation at Career Fair

These dates are subject to change. Contact your Local Community Coordinator to inquire about specific times and locations. Local radio stations will be announcing any updates or changes to this schedule.

***Please note we will be presenting to all Secondary 4 & 5 students in each community**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STICKING IT TO resolutions

by Amy German

Believe it or not, New Year's resolution making has been around significantly longer than anyone would imagine as the tradition dates back to Roman times. The word January comes from the mythological Roman god, Janus who was the god of gates, doors, doorways, beginnings, and endings. He is depicted with having two faces with one to the past and one to the future and hence became the ancient symbol for resolutions. For some of us it's the same thing every year, January rolls around and we commit ourselves to being better people, to losing weight or quitting smoking or to fix whatever is wrong with us. We promise ourselves, ultimately, that this year is going to be different, that the resolution we were supposed to stick to last year are going to come to fruition this year and that is the end of it!

The bulk of resolutions we make generally tend to be about our health, our families and our jobs and in keeping that in mind we have compiled a series of the most common resolutions below along with some suggestions on how to keep them.

1) **Going on a diet!** Nowadays, both men and women alike obsess about their waistlines, for some its about vanity but for others its about the serious health complications that can arise from long term obesity like diabetes, high blood pressure and heart disease. Its one thing to tell the world that this is the year that you lose weight but its another thing altogether to actually lose the weight the healthy way and actually keep it off.

If you are seriously overweight, the first step might be to consult a medical professional and see what kind of damage being overweight might have already caused and to see if your doctor might have any particular advice on how you in particular should be losing weight.

Should you find yourself in good health with a few pounds to spare, the next step is mental preparation. Adopting a positive attitude towards your weight loss is key in that weight loss is work, no doubt and who on earth sticks to something that they really don't' like? Try not to think about how miserable the diet might make you but instead think of how developing healthy eating patterns is a life long gift that you are giving yourself and your family that is bound to make you feel so much better in the long run. Deciding that this is what you want to do and that you are going to embrace it is the first step.

Once you are mentally set, its time to address the physicality of the situation by finding a plan that works for you, is medically safe and most importantly is realistic. The dieting industry is a multibillion dollar affair with programs like Atkins and South Beach touting marvellous results however just about every single fad diet ceases to work or keep off the weight long term as these diets tend to involve a great deal of restrictions. Once the participant goes off the diet, the weight comes back.

One suggestion by many dieting websites and medical health professionals is to keep a food journal and examine precisely what you are eating, as we are often not aware of what we are consuming. Becoming aware and examining what is excessive in your diet is a great place to start. Back in November Dr. Stanley Vollant, an aboriginal health expert, commented on how he felt his people were eating all of the wrong things, "they are eating too much carbohydrates and too much lipids and probably they should go back to their traditional way of eating."

If you would prefer to go with a diet plan from a book or a club, consult the Dieticians of Canada checklist available here: HYPERLINK http://www.dietitians.ca/english/factsheets/e1997_03.html http://www.dietitians.ca/english/factsheets/e1997_03.html

Some suggestions off the list entail that your diet plan not recommend that you be losing more than two pounds per week, that the diet be balanced and based on Canada's Food Guide and most importantly, that your diet not promise "magical" weight loss. Weight loss is not a magical process that a wizard

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For more information you may contact us:

Debbie House-Cox	dhouse@cscree.qc.ca
Mary Bear	mbear@cscree.qc.ca
Charlotte MacLeod	cmacleod@cscree.qc.ca

Tel: 819-855-2230 Ext. 3247

Application Deadline: February 1, 2007

can perform for you but more a mathematical equation, its input/output. To lose weight one must have a larger output of exercise than their input of calories over a long-term period of time and it's the same for maintaining weight loss.
To consult Canada's food guide go to: HYPERLINK http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html)

2) **Finding time for fitness and actually doing it!** With the health problems that are on the rise amongst the Cree communities, there has been much talk of creating walking paths and community programs to help facilitate improving the overall health of everyone in the communities. Whether you are overweight or not, exercise is still a necessity and the benefits to exercising as opposed to not are hand over fist from stress reduction to improving your quality of life.
Start walkin'! Before there were skidoos, ATVs, trucks cars and planes, the Cree people got around quite well on their feet and Cree people can still get around on their feet so if you can, try and start walking for at least twenty consecutive minutes a day at a brusque pace. Taking a daily walk is an ideal way to start exercising if you are out of shape and it's the perfect activity to do alone or with friends and family. If there are few places to walk in your community or there are no side walks, go it old school and slap on a pair of snowshoes. If your ancestors could do it, so can you!

Avoiding Shortcuts
If you are one of those ultra busy people trying to balance work and family and find that you've little time to exercise, try avoiding some modern convinces from time to time. Avoid the escalator in the mall or the elevator at work, take the stairs as often as possible. If you know that there is going to be a heavy snow fall overnight and you are in relatively good health why not wake up an extra twenty minutes earlier and shovel the car out instead of using a snow blower or waiting for the snowplough. If you live in a community where the grocery store and other shops are within walking distance, run your errands on foot.

Be a Joiner
If there are fitness courses available in your community, by all means join in! Group activities such ås team sports are not only a great way to get into shape but also a great way to keep in shape as the old adage goes, "there is no I in team." When others count on you to be there, its much harder to quit an activity so if there is hockey or broom ball or any other group sport being offered in your community, why not take the opportunity to socialise while burning off calories?
Should you feel a little intimidated by the whole "exercising thing," after a hiatus from physicality, why not consult someone in the know. Granted we all can't afford to go and see a personal trainer and in the north the availability of big fancy gyms is not as great but The Public Health Agency of Canada has an excellent website that explains just about every thing you need to know. Broken down into three different activity categories, endurance, flexibility and strength, this website explains precisely how much is enough, why each is important in an exercise regime and gives suggestions as to what kinds of activities can incorporate all three of these aspects. HYPERLINK http://www.phac-aspc.gc.ca http://www.phac-aspc.gc.ca
Most importantly, make sure that the physical activity you have chosen to partake in is an activity to enjoy! Exercising should be a happy part of your day and if you have chosen something you like, be it team sports or solitary activities, you will be more inclined to do it and less inclined to quit.

3) **Quitting Smoking!** Its hard to say what the most addictive drug on earth is as the debate rages on between cocaine, heroin and new front runner, crystal meth but one of the world's hardest and most common addictions to get over is tobacco.
There are absolutely no health benefits to smoking cigarettes as they cause many cancers including lung cancer and can also cause respiratory problems as well as cardiovascular problems. According to the Health Canada website, "more than 45,000 people will die this year in Canada due to smoking," with those statistics however comes a great deal of advice on quitting smoking.
As quitting smoking is a very personal matter, the program that might work for one person might not necessarily work for the next which is why it is important to consult an your doctor and find out what program is going to be right for you. Should you be contemplating quitting, now is the time to get informed and find out first what kinds of resources are available in your community. The Ligne j'Arrête! Is Quebec's quit smoking help line and though their website is entirely in French, English representatives are available on their help line to council those considering quitting and also give support to those trying to keep off the "ciggies". j'Arrête Can be reached at 1 866 jarrête (527-7383) for one on one support. Should you want to involve yourself in a more structured program at a smoking cessation clinic, j'Arrête's also has listings for all of the clinics in the Cree communities on their website, to locate one go to: HYPERLINK http://www.jarrete.qc.ca/terres_cries.html http://www.jarrete.qc.ca/terres_cries.html
Health Canada has also come out with a brand new online quit-smoking aid called E-Quit. The idea is to send daily e-mails to those contemplating quitting to prepare them for their journey. Participants of this free program get daily information and support through their e-mail accounts and according to the site, "E-Quit will prepare you to quit smoking 20 days after

A Little While
(March 29, 2006)

The silent dreams of yesterday are slowly fading away
Only the echoes of remembering are still playing today
My arms reach out trying to recapture those moments
The dearest of loves, a small child in my arms

Oh! the scenes that come before my ever grieving eyes
It was not long ago we played and sang soft lullabies
Clasped near my heart watching your enchanting wiles
How was I to know you would remain just a little while

Torn apart and left these fathomless well of tears
Falling with the passion of the cold October skies
Enclosing my heart with the darkness of taunting fears
Yesterday was our time, tomorrow's filled with empty lies

The voices beckon me with an unrelenting cry
Give up! Give up! is the resounding call
Nothing will ever change, time is wasting here
There is nothing left, death stole our coming years

Quietly I retreat into the solace space of my faith
The pain remains but hope glimmers in the distant light
A whisper brushes against my tear stained heart
"Hush my child, our life here is only for a little while"

"Heaven's glorious tomorrows are waiting to be filled
With sounds of joyous laughter as greetings flow"
Surrounded now with the thoughts that hope instilled
Carefully teaching life rests in God's eternal home.

Written by mom
In memory of Ronnie and Mark

you receive the first message." If you have daily access to an e-mail account, why not give it a shot? Go to: HYPERLINK http://www.hc-sc.gc.ca/hl-vs/tobac-tabac/quit-cesser/now-maintenant/equit-jarrete/index_e.html http://www.hc-sc.gc.ca/hl-vs/tobac-tabac/quit-cesser/now-maintenant/equit-jarrete/index_e.html to subscribe.

4) **Making more time for family!** Between working, cooking, cleaning, getting the kids on time to school and meeting the rest of our modern day adult commitments, we may get to spend time with our families but is it about quality or quantity? Cell phones, pagers and the Internet can also serve to disrupt family life as North Americans find themselves devoting more and more of their personal time to their employers as they are so much easier to reach and your work can now come home with you. With the pressures and demands of daily life mounting, one of the best ways to now get quality family time is to book some.

Start off with family meals. How many of us eat our daily meals while sitting in front of the television? It used to be that come the supper hour, the whole family used to gather round and share about their days and though it may not be as easy to do so these days, make the effort. When supper hour rolls around, turn off the television and have everyone at the dinner table take turns talking about their days. If supper is not a manageable time due to scheduling constraints, try waking up a half-hour earlier so that everyone can have breakfast together. Having at least one meal per day together is a great way to keep in touch with the daily trials and tribulations of the whole household.

Pick Saturday or Sunday to be your family day. As the family that plays together, stays together, reserve a weekly-allotted time for an activity or outing. It could be spending the afternoon skating together, playing board games or watching a movie but structured family time is a great way for the whole family to reconnect. If the kids don't seem interested in what you have planed for them, why not let a different family member pick an activity every week or have a family vote on what the activity should be. Of course if you feel that your family is blessed with health, wealth and happiness, why not share your warmth with the community and volunteer together? There is just about no better way for children to learn the value of sharing than to start helping others early on in life.

Sharing family history? Do your children know they ways of their ancestors? Do they know what it was life was like for grandma or grandpa when they were children? So much of our identities are intertwined with where we come from and who we came from so why not enrich your children's lives with their own history. The family matriarch or patriarch should always be included in family activities whenever possible and structuring family time for storytelling is an essential way to pass on life lessons, history and advice between the generations.

5) **Learning something new.** Despite what some may think, learning does not end when you graduate from school but is rather a life long process.

Many of us end up in jobs that we don't like or end up in a field we like without the means of moving up in the world because we don't' have the education to do the job we really want to do. That is why there is no time like the present to consider retraining for a new job or to consider taking a course for the simple pleasure of learning.

Should you want to change fields all together and pick up a trade, why not check out what the Waswanipi Vocational Training Centre has to offer? Choose from various programs such as, Assistance to Patients or Residents in Health Care Establishments, Carpentry, Computing Support, Hairdressing, Heavy Equipment Mechanic, Northern Building Maintenance, Professional Cooking or Secretarial Studies. Go to HYPERLINK http://www.cscree.qc.ca/Vocational/Programs.htm http://www.cscree.qc.ca/Vocational/Programs.htm for more information.

If you don't feel like travelling to learn to learn something new, have access to a computer and have not yet finished high school, its still not too late, The Cree School Board also offers the Sabtuan Continuing Education, Distance Education Program. Students take courses in "virtual classrooms" over the Internet by taking in live broadcasts over the and then sending in their assignments via mail, fax, or e-mail. To find out more information go to HYPERLINK http://www.cscree.qc.ca/PedaSer/Sabtuan/framework.html http://www.cscree.qc.ca/PedaSer/Sabtuan/framework.html or call (418) 923-3347.

Should you want to go the university rout to take a course or start learning a new language, why not check out what eConcordia, Concordia University's online classrooms have to offer? Whether you never finished your bachelor's degree or you are just interested in perfecting a particular skill to get you ahead in business or in life, eConcordia offers a myriad of online courses from arts to information technology.

For more information go to: HYPERLINK http://www.econcordia.ca http://www.econcordia.ca

Whatever it is that you are trying to improve upon in the New Year, try to keep in mind that Rome wasn't built in a day and that change takes time. Be flexible with yourself and most importantly, if at first you don't succeed, try, try again.

Happy New 2007!

Université du Québec
en Abitibi-Témiscamingue

Automne 2007

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Date limite d'admission : 1er mars 2007
Application deadline: March 1st, 2007

Information
Janet Mark
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Fall 2007

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RE: "Sugar is a killer" Letter in the Nation, October 27, 2006

I have to agree with Terry Gates on his observations about the amount of sugar put in front of consumers. It makes no difference which community you live in, the offer is constant.

Terry's comments on stores having a responsibility towards customers' health are indeed true. Maybe the responsibility is not undertaken by all merchants but at Northern we accept and support that responsibility.

Being responsible does include the decision on what merchandise is made available to the consumer. This decision is driven by consumer demand; customer intercept studies are a common practice to obtain this information. Placement of merchandise is strategic and includes the opportunity to sell, convenience and security. This strategy is consistent with established retailers everywhere.

The challenge in front of us as pointed out by Terry and pronounced by the Cree Health Board is that diabetes and obesity are at epidemic proportions among the Cree population. His letter also seems to say that despite this vast amount of media the merchants don't pay any heed. That is similar to saying that despite traffic fatalities the dealers continue to sell cars.

I can assure Terry and the readers that Northern is very aware of the health issues and has supported healthy living programs. We have an "in-house" program which focuses on letting the consumer know the preferential item within a category if you are concerned about fat, fibre or sugar content. And, as pointed out in the letter we pay for and provide the menu which is featured in the Nation magazine. We also actively fundraise for Diabetes prevention and research. This year we have 17 northern residents including two from Chisasibi participating in an international marathon which raises the profile and awareness of diabetes. Since we started the marathon team idea five years ago we have raised more than $600,000 in funds donated directly to the Canadian Diabetes Association.

We are also working at the regional and nationally with First Nations Inuit Health Branch (FNIHB) initiatives. The latest being a series of Healthy eating northern recipe cards focused on Northerners' diets. This will launch in February of 2007 and continue for 23 months with the recipe changing monthly.

Simply removing the temptations (sugar) from the scene would be almost impossible since many food items have sugar-sucrose as an active ingredient in its structure. A popular sauce found on most household tables is tomato ketchup, note the second ingredient is liquid sugar; 4 grams per tablespoon!

I agree we all have a responsibility here, not just parents and grandparents, but the choice made by the individual. The retailer has not chosen to focus or promote unhealthy food choices at the expense of the healthy ones. We would just as soon be selling 100 per cent juices, fruit and vegetables.

What Northern has said to health officials, locally, regionally and nationally is that our stores are open and willing to act as venues for teaching healthy eating habits. We encourage health professionals to use our store facilities with group tours teaching nutritional facts, how to read and understand product labels, taste tests. If there is a desire to conduct cooking classes then Northern will contribute the required ingredients at no cost. The response to this offer has been, unfortunately, very limited. This letter will serve as a reminder to health organizations that this offer of our facilities stand, arrangements are made with the local store manager.

It is said that it takes a community to raise a child. I think it will take a collective community effort to deal with the health issue affecting us. It is not enough to say that diabetes and obesity are at epidemic proportions among the Cree communities. Awareness is the first step. Leadership is needed to bring the influential parties together so they can focus on how to make a difference. Northern stands ready and willing to participate and will continue to play a constructive role in fundraising efforts and healthy living education.

Jim Deyell,
Director Public Affairs Northern Canada,
The North West Company.

May this new year bring

everyone in Leyou Istchee

peace, love, health

and prosperity.

SCREEN SHOTS

Winter Movie Lineup – January

by The Shadow Critics

The Pursuit of Happyness – Every now and again, a marquee actor has to re-invent himself to prove his versatility. This time, Will Smith takes the plunge in a serious dramatic role. The Pursuit of Happyness is a movie "inspired" by a real story, meaning that a liberal amount of artistic license was taken in this version of it. The movie is well written. This is the type of movie that Lifetime network would love to have in its lineup. Italian director Gabriele Muccino does a good job of directing his first Hollywood movie.

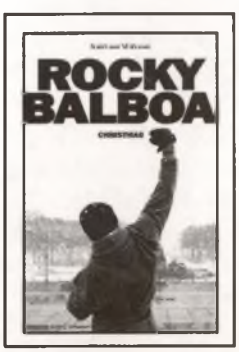
The real life subject, Chris Gardner, makes a few cameo appearances in the movie, and was actually on the set through a good portion of the filming to ensure some authenticity. Will Smith chooses his own son to play the main character's son, adding an extra element to the family scenes. In real life, Chris' son was only two while he was on the street. This is where the artistic license comes as they picked an older child to allow for better scenes with dialogue.

It is a good film. This said, you will not leave feeling the story was completely told.

Eragon – This movie is based on a series of science fiction novels written by Christopher Paolini about a land of elves, dwarves, and other magical creatures. The plot is about an age of dragon riders who helped protect the lands from evil, but one of the riders turns evil and destroys the rest to be become king of the lands. So, many years later, an egg hatches to a young farm boy, played by Ed Speleers, and the world has hope again as a new dragon rider trains to take on the evil king, played by John Malkovich. The movie and book is clearly focused on a teenage audience. If this is another attempt to feed from the popularity of series such as Harry Potter or Lord of the Rings, it has shown little promise. Much like the Narnia offering last year, it would have had to be better to draw that calibre of a fan base. It will appeal possibly to younger audiences, but it would be difficult to say it would have the mass appeal. The movie leaves us knowing there will be more to come, and hopefully these installments will focus more on the plot and entertainment potential.

We Are Marshall – The movie is based on a true story on how a team of college football players, coaches, and boosters (fans who financially support sports programs) died in a plane crash in 1970 in West Virginia. Given that the college is based in a small town, and everyone is quite shaken by the loss of a big part of their community, the college boosters decide to shut down the program. However, a remaining player who was previously injured and was therefore not on the plane, rebuilds the team with the help of a determined coach, played by (Matthew McConaughey) from another town. It is a movie about tragedy, and trying to find the courage to face enormous personal loss and move forward. Since it is a true story, there are some restrictions on the plot and script, yet there is also some understanding of reality.

Rocky Balboa – Sylvester Stallone writes and directs this sixth installment to the Rocky series of movies. The dialogue is at times inspiring, and at other times a little long in getting to a point. The charm of Rocky is not gone, as during the fight scene the audience in the theatre was cheering as much as the one on the screen. The story is about Rocky still having something in him that he did not get satisfy during his career. So he rejoins the boxing world to try to get it all out. There are many clichés, such as every fighter has one good fight left in him, and some cameo appearances by the boxing world's greats. There is a good speech he gives to his son during a key scene which should not be missed. The movie is good overall, and Stallone did a good job of not only directing, writing, and acting.



Unaccompanied Minors – This movie's premise is simple: unaccompanied minors traveling by air are escorted by airline staff. In this case, severe snow storms strand them in a large airport during the holidays so the airport administration has them confined to a room. The writers try to have a Breakfast Club scenario as the hook for this movie, as a popular girl, nice guy, introvert, tomboy, and nerd genius are thrown together. The plot and casting is abysmal even for the young audience it is meant to appeal to. Wilmer Valderrama, of That 70s Show, and Lewis Black, of Accepted, do good jobs in supporting roles but the young cast has difficulty carrying their parts. The movie is moderately entertaining, but would fit better near the bottom of your holiday movie list.

Deja Vu– The movie is best described as a romantic action piece. The title character, an Alcohol, Tobacco and Firearms agent, is played by Denzel Washington. There are good supporting characters throughout, Paula Patton does a great job as the female lead, Claire. The plot is focused primarily on the journey that Denzel takes or has already taken in some instances. Déjà Vu is a story about already being somewhere in time, and trying to make a difference in how things end up. A group of scientists discover a way to view the past in real life time, so they investigate a terrorist act of blowing up a ferry in New Orleans. Denzel becomes involved in the investigation, and everyone soon realizes he has a better handle on the clues than most so he is recruited by Val Kilmer into the program. The movie is well done, and the acting is good. It is action thriller at times, when sequences put you on the edge of your seat but you would expect none less from producer Jerry Bruckheimer and director Tony Scott who together gave us movies like Top Gun and Beverly Hills Cop. The question in the movie is whether you can change the past to help affect a better outcome.

Healthy Living

Nourish the body and stimulate the senses with Healthy Living recipes!

Many people in Eeyou Istchee have Diabetes, or know of someone who does. Quite often this can be someone they love. We know that healthier food choices are important, but let's face it, sometimes they can border on boring. Well, not anymore! Each month *the Nation* will feature a delicious meal that keeps in mind the importance of health maintenance but does not forget rich and hearty satisfaction.

Beef Stew

Ingredients

1 Tbsp	canola oil	15 ml
1 cup	chopped onion	250 ml
3 ea	garlic cloves, minced	9 ml
2 ea	carrots, cut into 1-inch slices	144 ml
1 1/2 lb	lean stew beef, cut into 1-inch cubes	704 ml
3 cups	low-fat, low-sodium beef broth	750 ml
1 tsp	paprika	5 ml
1 ea	fresh ground pepper and salt to taste	0-5 ml
1 1/2 cups	mixed pears and apples, unpeeled and chopped into 1-inch pieces	375 ml

Directions

1. Heat the oil in a large stockpot over medium-high heat. Add the onion and garlic and sauté for 5 minutes. Add the carrots and sauté for another 5 minutes. Add the meat and brown. Drain off any accumulated fat. Add the broth, paprika, pepper and salt (if desired).
2. Bring to a boil over high heat. Reduce the heat and simmer, uncovered, for 75 minutes. Add the apples and pears and cover. Cook over low heat for 15-20 minutes until the apples and pears are soft, but not mushy.

Nutritional Analysis per serving (1/6 recipe):

Calories: 223	Carbohydrate: 14 g
Fat: 8 g	Dietary Fibre: 3 g
Cholesterol: 59 g	Sugars: 9 g
Sodium: 165 mg	Protein: 27 g

Northern

EMPLOYMENT

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Cree Regional Authority
Board of Compensation

203 Opemiska Meskino
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Qc G0W 3C0

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boc-creeco@tlb.sympatico.ca

Cree Regional Economic Enterprises Company Inc.

POSITION: **ACCOUNTING CLERK** (Replacement Position)
LOCATION: **Ouje-Bougoumou (Quebec)**
CONDITIONS : *One (1) year replacement position.*

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- Perfom accounting methods and practices related to the said offices and any other related tasks required by the immediate supervisor.

Requirements:
- Experience and sufficient knowledge of accounting;
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- Knowledge of computer skills, Excel would be an asset;
- English, Cree would be an asset;
- Good communication skills;
- To be autonomous.

Salary will commensurate with qualifications and experience. Qualified Cree beneficiaries will be given preference.

Please forward application with resume on or before January 12, 2007 at 4:00 p.m. to:

Jack R. Blacksmith, Chairman/President
Board of Compensation/CREECO
203 Opemiska Meskino, Ouje-Bougoumou (Quebec) GOW 3CO
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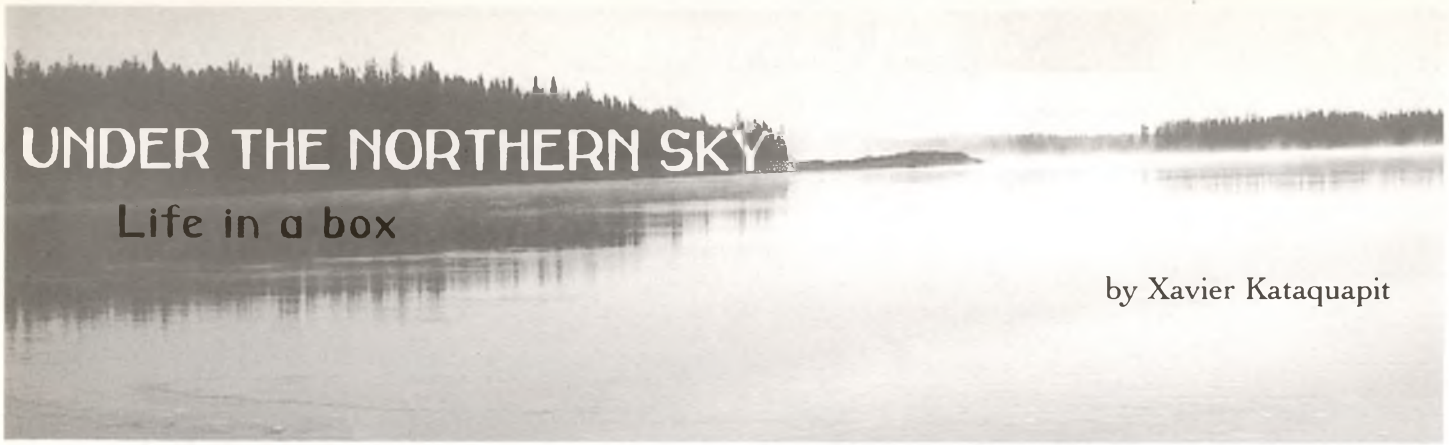

UNDER THE NORTHERN SKY

Life in a box

by Xavier Kataquapit

Hi, my name is Xavier and I am a video game addict. Now of course I am joking but video games can be addictive. I broke away from video games for many years because I considered them childish. After all, I was getting older and I thought I would grow out of the habit of wanting to be the best at Super Mario Brothers or some shootíem up game. However, when I started using computers on a regular basis and went online to a high speed connection, I found I could play all kinds of games whenever I felt like it. At first it was just a little game of cards here and there. I even found anonymous people online who wanted to play a game of checkers or chess. Then I downloaded a small software title and upgraded it. Finally I was loading huge software first person shooter games that required lots of video memory, a faster computer and a headset to keep the noise of bombs, gunshots, lasers, aircraft and tanks from disturbing everyone in the house. I soon realized I was hooked again.

In the late 1980s, I was one of several million youngsters that got introduced to the first mass produced home based video game systems. The home arcade game was a new phenomenon and most kids wanted to play. We no longer had to rely on visiting the local arcade game house for our entertainment. We could now play at home for free.

My younger brothers and I watched as friends took delivery of the first Nintendo Entertainment Systems or the Sega Genesis systems. Even though they would be considered basic and rudimentary today, we had never seen anything like it before. Anyone who had one of these games quickly found friends they never thought they had. My brothers and I were not above befriending those who were lucky enough to own one of these games. When I think about it, the phenomenon was very similar to the introduction of the television. I have heard many of my older friends recall their first sight of a television in someone elseís house. Those who first had televisions became very popular overnight and there always seemed to be someone at the window peering through for a glimpse of the tube.

It was easy for us be swept up in this game console craze. We could play for hours and hours. Things sometimes got tense when we fought for possession of the controller. Finally we had our own games as with time the price dropped and became more affordable. Mom and dad could not understand why we would want to manipulate electronic characters or creatures on the television set to kill enemies, be the fastest and emerge as the strongest. Sometimes they just pulled the plug and put us outside to play.

In the 1990s, the video game industry went into overdrive and it took us teenagers for a ride. New game consoles became faster and more complex as well as harder to figure out. Numerous game titles were also being churned out on a regular basis and we wanted the latest fix to answer our addiction to the most exciting games.

After almost 20 years of home entertainment, the video gaming world has grown into a monster. Game consoles like the Xbox 360 by Microsoft and the Sony Playstation are more like dedicated supercomputers that produce a cross between interactive video games and epic special effect movies. In addition, they are more geared to the enthusiastic adult gamer that has been playing for the past 20 years and now has a regular paying job in order to pay for the high cost of these new systems. Modern, powerful computers can easily accommodate new software game titles. There is more variety than ever and you can even download free versions of these games on the internet.

I think young people in remote northern communities have an even stronger fascination with video games. These games represent a world they can visit to escape everyday reality. Instead of becoming bored with the community or worrying about some family situation a kid can turn on the TV, power up the game console and lose themselves in fantasy worlds. They become heroes, warriors, race car drivers, cartoon characters and sometimes even winners. The best thing about the fantasy world is that you can control it and if things get too hard then you just switch to easy mode and everything falls into place. Real life is not like that. Maybe it should be.

CLASSIFIEDS

BIRTHDAYS - 101

We would like to take some time to say to our boss in camp Nemiscau his name is Eric Wood and his family , A big Merry Christmas & Happy New Year and to stay happy always forever Fr: your airport crew & your Top Operators lol.

Hello! to all, my only buddies I would like to tell all the cree nation Merry Christmas & Happy New Year & happy Holidays I only ask Santa Families to stay together to have good time and specialy my parents Philip and Maggie Neeposh and my brothers and sister's (toute ma famille) and my lovely wife Lina, my beautiful kids and of course my first grandson (Pheonix) is going to be his first christmas this year...luv ya p.s miss you all..fr: James Neeposh

Happy Birthday to my husband Johnny Salt, I hope your wishes come true for you this year as they have this past year!..Love Always, Annie oxoxox

Wishing our dad Johnny Salt a very HAPPY BIRTHDAY on January 14th,2007! We love you with all our hearts, hope you get that cake made in Waskaganish again!.mmm..mmm...gooood!..LOVE from JoAnne and Jaedon...xoxoxoxo!

Happy 13th birthday to Francine Matthew on January 13....oh what can I say - you have turned into the fine young woman you are....overnight!!..yeah I know what you're going to say..."Embarrasing!!" I wanted to let you know that I love you SO MUCH!! and if it may seem sometimes that I boss you around, give you too much chores, tell you to do this..do that...well you know what?.....that's my job!! You'll know why when you get a little older why I do those things. I know your cares and worries are only for your friends right now...but that's ok, friends will come and go and they are the ones that will help you at that time - when you need them. Don't forget that there is that someone who will always be there wherever and whenever...just know that He is in control...give Him your cares, He will hear your every word and thought. Read your bible, do your homework, do the chores, be good and May God Bless You as you turn 13. Proverbs 13:24 says,"If you refuse to discipline your children, it proves you don't love them; if you love your children, you will be prompt to discipline them."With all my love,... your mom. HAPPY BIRTHDAY FRANCINE!! .....FROM; PAUL, ROBIN AND BARRY'SH

PERSONAL - 300

First of all I don't wanna hurt someone or somebody but I know there's a woman hurt so many years , after 36 years she find out the father is not the real father, it was hard the first 3 months she was happy & sad ,I remember she used to get up after mid night crying. but I wish somebody understands its hard me and my wife , we need help anybody hads a heart to tell the truth , we know the bible says the truth will set you free, and can somebody shout amen. Thankyou all God bless you all. James Neeposh

The woman I talk about she is my wife, she always talk about his dad I wish I could hold his hand and kiss him and a big hug for the many years . at night she said before I go to bed I ask Jesus in my dream can you tell or show me who is my real father, and early in the morning she text message me on my cell she was so happy to tell me her dream. and thats why we move from Mistissini to HULL . THANK - YOU AGAIN

Public Service Announcements – 400

The Native Women's Shelter of Montreal now has a 1-800 number. You can now reach us toll-free at: 1-866-403-4688. Please check out the new website at: HYPERLINK "http://www.nwsm.info" www.nwsm.info and feel free to give us any feedback.

Do you need help? Someone to talk to? Call the Kid's Help Phone's toll-free number, at: 1-800-668-6868 or check out their website at: HYPERLINK "http://www.kidshelp.sympatico.ca" www.kidshelp.sympatico.ca.

Anyone knowing the whereabouts of John Ottereyes of Chisasibi, James Bay region, Quebec, please contact S. Pyett collect at :613 -747-7800 x 3477.

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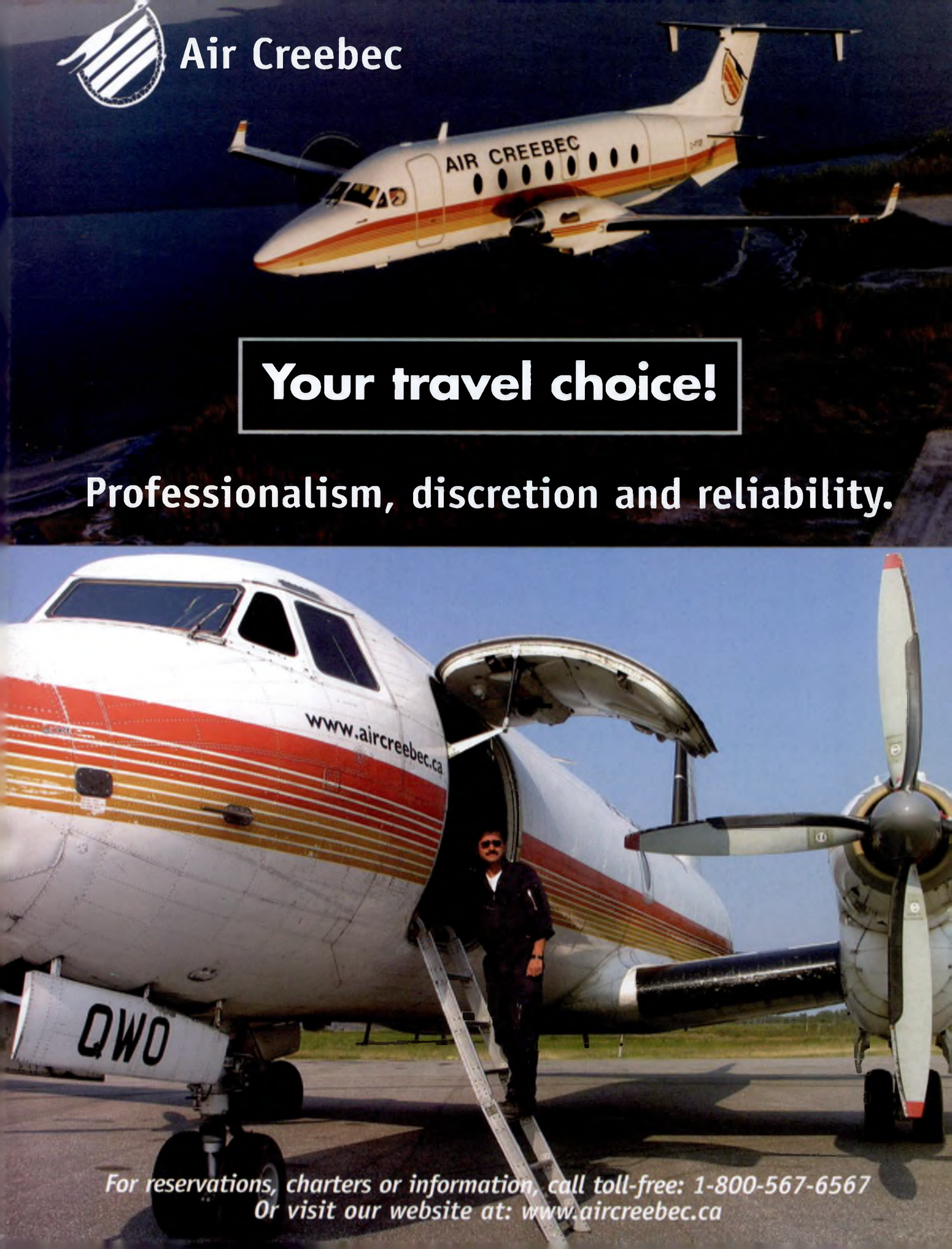
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